OR EVEN THAT INTERROGATION ROOM OVER THERE
ARE WORSE THAN A NIGHTMARE
DO JHA!
TO PANIC DISORDER PATIENTS.

WELL, SINCE THE DIAGNOSIS IS VERY CLEAR,
WE'D BETTER SCHEDULE YOU TO DO A COUNSELING FOR HER RIGHT AWAY.
SHE'LL BE ABLE TO GET BETTER VERY SOON,
SO PLEASE, TAKE CARE OF HER, PROFESSOR BAEK.

IN OUR INCREASINGLY STRESSFUL MOOERN SOCIETY MORE ANO MORE PEOPLE SUFFER FROM THIS OISOROER
BUT NO ONE HAS FOUNO A CLEAR CAUSE FOR IT YET
HURRY!
GET ME A BAG OR SOMETHING RIGHT NOW!!

JONGBEOM LEE

EXPERTS CONSULTED:
[HYEONGSEOK SONG]
(PHO IN PSYCHOLOGY, HEAO OF THE "HEART TO HEART" CLINIC)

[DASIM NU]
(HEAO OF THE "OASIM NU PSYCHOLOGY ACAOEMY,"
PSYCHOLOGY COLUMNIST)

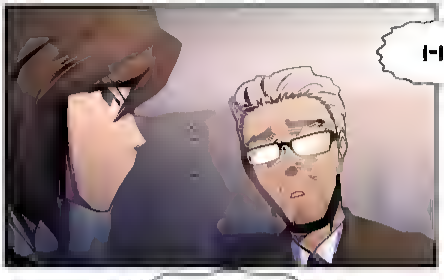
[GYEONGBO SEO]
(FACULTY IN YONSEI UNIVERSITY
GRAOUATE SCHOOL'S PSYCHOLOGY OEPARTMENT) ET AL.

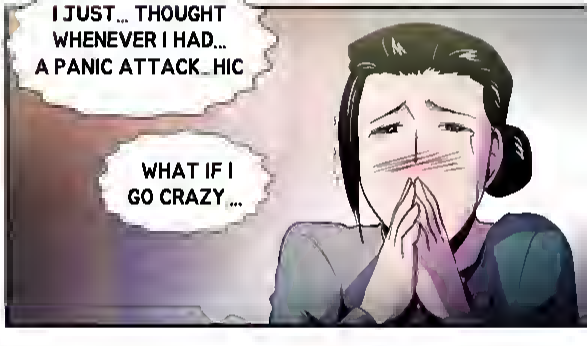
Read the comics on LINE WEBTOON
to support the artists!
www.webtoons.com

OF REVEALING HER OWN SYMPTOMS.
WHY...
WHY DIDN'T YOU TELL ME, NARI!!

PANIC
DISORDER

THE MOST INTENSE
AND SEVERE FORM
OF ANXIETY DISORDER


I-I...


I JUST... THOUGHT WHENEVER I HAD... A PANIC ATTACK..HIC
WHAT IF I GO CRAZY...

OR JUST DIE LIKE THIS....

WHEN PANIC DISORDER PATIENTS SUFFER FROM A PANIC ATTACK
IT STARTS WITH SYMPTOMS SUCH AS DIZZINESS CLAUSTROPHOBIA COLD SWEAT OR A STRONG HEARTBEAT
NAH!
AND TENDS TO LEAD TO A FEAR OF DEATH OR GOING INSANE

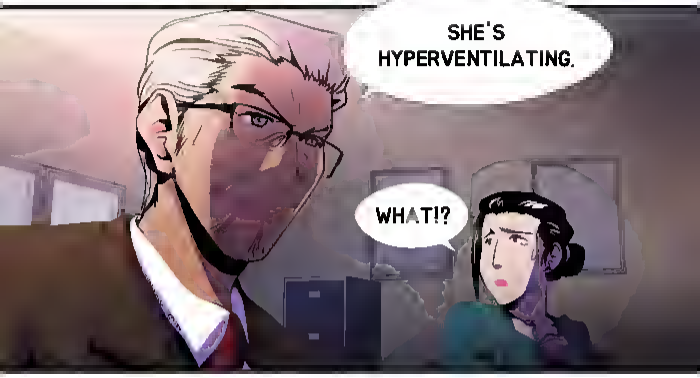
IF I HAD KNOWN THIS EARLIER...
AMONG YOUR FAMILY MEMBERS

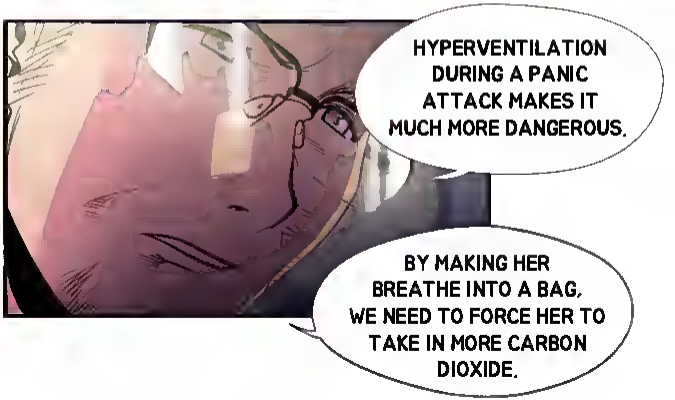
PEOPLE WITH FAMILY MEMBERS WHO SUFFEREO FROM MENTAL OISOROERS ARE EVEN MORE AFRAIO OF COUNSELING.
MISS YOU MY LITTLE NARI
ISN'T LIKE WEIRD OR ANYTHING
YOU PROBABLY ALSO SHOWEO THIS FEAR WITHOUT EVEN REALIZING IT, MA'AM.

WITH COGNITIVE THERAPY AND MEDICATION FROM A SKILLED COUNSELOR,

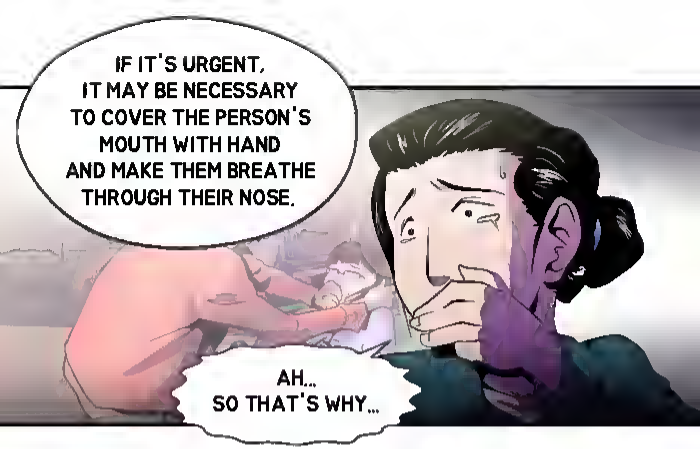
IT LOOKS LIKE THIS PATIENT'S SYMPTOMS WILL SOON IMPROVE.

ALSO, ASIDE FROM HER ROOM OR HOUSE WHERE SHE FEELS SAFE
ENCLOSED SPACES MAKE IT VERY EASY TO CAUSE A PANIC ATTACK
PLACES LIKE BASEMENTS ELEVATORS

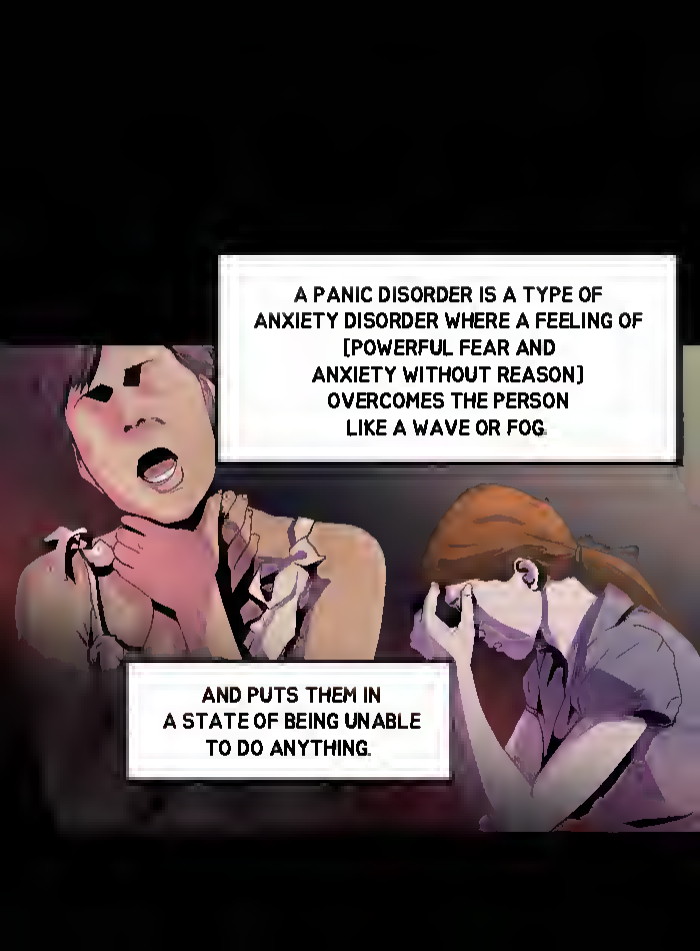

SHE'S HYPERVENTILATING.
WHAT!?


HYPERVENTILATION DURING A PANIC ATTACK MAKES IT MUCH MORE DANGEROUS.
BY MAKING HER BREATHE INTO A BAG, WE NEED TO FORCE HER TO TAKE IN MORE CARBON DIOXIDE.

THERE ARE SITUATIONS WHICH PANIC DISORDER PATIENTS AVOID AT ALL COSTS.
SITUATIONS WHERE THEIR HEART RACES OR WHICH MAKE THEM ANXIOUS
THEY'RE AFRAID OF OPEN PLACES WHERE THEY'RE EXPOSED TO A LOT OF PEOPLE OR ENCLOSED SPACES WHERE THEY FEEL TRAPPED.
THIS IS WHY THEY STOP BEING ABLE TO USE PUBLIC TRANSPORTATION
AND ARE EXTREMELY AFRAID OF RIDING IN CARS.
AH... SO THAT'S WHY SHE WOULDN'T GET IN THE POLICE CAR...


IF IT'S URGENT,
IT MAY BE NECESSARY
TO COVER THE PERSON'S
MOUTH WITH HAND
AND MAKE THEM BREATHE
THROUGH THEIR NOSE.
AH...
SO THAT'S WHY...

SINCE I WAS HER PARTNER
I KNOW HER ABILITIES BETTER THAN ANYONE


A PANIC DISORDER IS A TYPE OF ANXIETY DISORDER WHERE A FEELING OF [POWERFUL FEAR AND ANXIETY WITHOUT REASON] OVERCOMES THE PERSON LIKE A WAVE OR FOG.
AND PUTS THEM IN A STATE OF BEING UNABLE TO DO ANYTHING.

PEOPLE BASICALLY HAVE EIGHT TYPES OF EMOTIONS.

AND THESE EMOTIONS MIX TO FORM MORE COMPLEX ONES

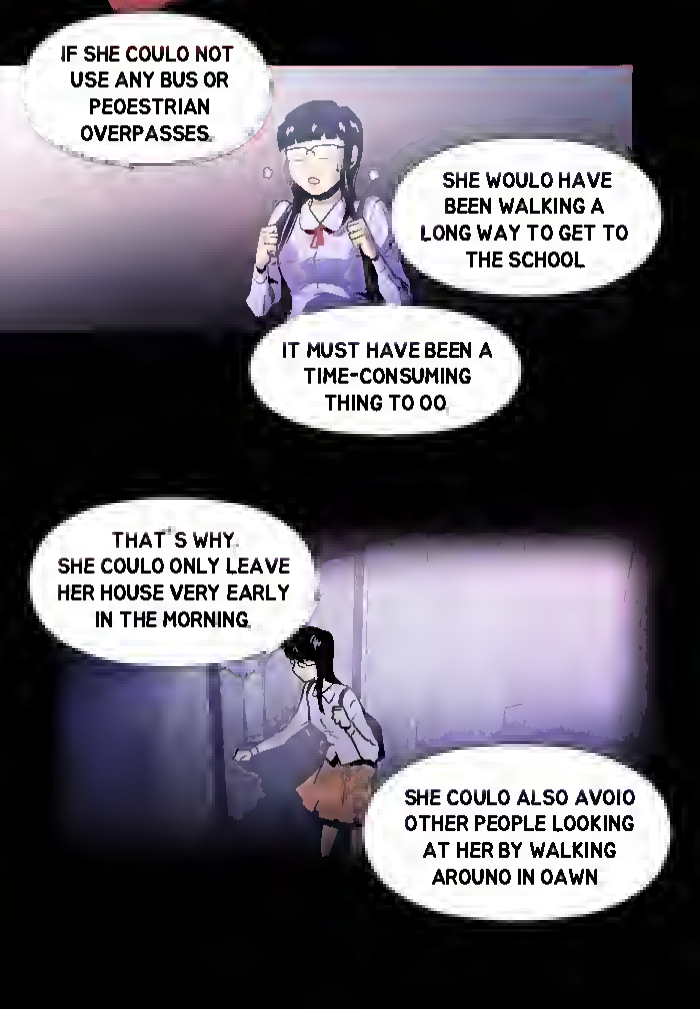
BY JONGBEOM LEE

BLACK WAVE(CASE CLOSED)

SO I COULDN'T TELL YOU... HIC

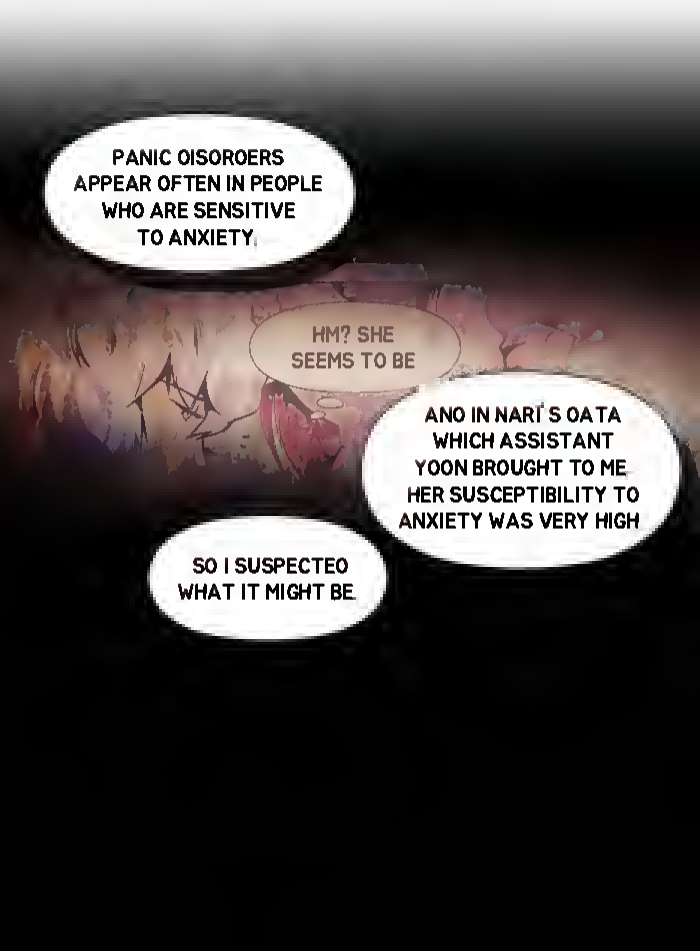
BUT WHY DIDN'T YOU SAY ANYTHING BEFORE?
YOU COULD'VE SAVED GOING THROUGH ALL THIS TROUBLE.
.....THE REASON
IS THAT THE PATIENT WAS VERY AFRAID

THERE'S SOMEONE SUFFERED FROM A MENTAL DISORDER.
ON HER MOTHER'S SIDE
!!
KOREA HAS A LOT OF MISCONCEPTIONS ABOUT PSYCHOLOGICAL COUNSELING
MANY PEOPLE ARE EXCESSIVELY AFRAID OF EVEN BASIC COUNSELING


IF SHE COULO NOT USE ANY BUS OR PEOESTRIAN OVERPASSES
SHE WOULO HAVE BEEN WALKING A LONG WAY TO GET TO THE SCHOOL
IT MUST HAVE BEEN A TIME-CONSUMING THING TO OO
THAT'S WHY SHE COULO ONLY LEAVE HER HOUSE VERY EARLY IN THE MORNING
SHE COULO ALSO AVOIO OTHER PEOPLE LOOKING AT HER BY WALKING AROUNO IN OAWN

IN KOREA,
THERE ARE COUNTLESS
STUDENTS SUFFERING
FROM PSYCHOLOGICAL
ISSUES AT A
YOUNG AGE,
PROFESSOR!!
MOST OF WHICH ARE TREATABLE
WITH SIMPLE COUNSELING BUT
WHICH THEY BEAR THE BURDEN OF ALONE

I WAS SO AFRAID...
I DIDN'T WANT TO MAKE YOU WORRY, MOM


PANIC OISOROERS APPEAR OFTEN IN PEOPLE WHO ARE SENSITIVE TO ANXIETY.
HM? SHE SEEMS TO BE
ANO IN NARI S OATA WHICH ASSISTANT YOON BROUGHT TO ME HER SUSCEPTIBILITY TO ANXIETY WAS VERY HIGH
SO I SUSPECTEO WHAT IT MIGHT BE.

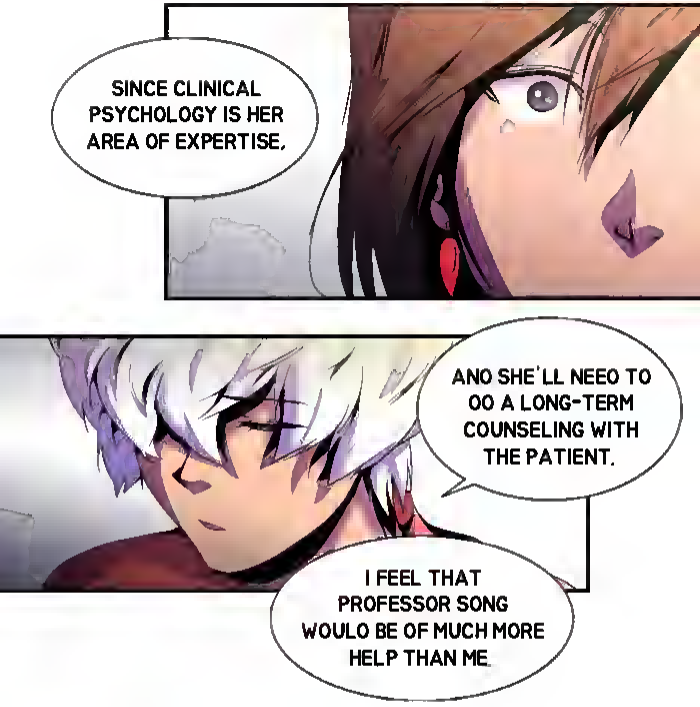
COUNSELING FILE.
THE CASE OF
NARI CHOI (18)

A PANIC OISOROER PATIENT WITH A CONVULSIVE FEAR ANO ANXIETY REGAROING LEAVING HER HOME.
IN OUR INCREASINGLY STRESSFUL MOOERN SOCIETY, MORE ANO MORE PEOPLE SUFFER FROM PANIC OISOROERS.
WHICH, WHEN AT THEIR WORST, CAN EVEN PREVENT A PERSON FROM LEAOING A NORMAL LIFE.
HOWEVER, MOST ARE NERVOUS OISOROERS WHICH CAN 8E TREATEO WITH COUNSELING, COGNITIVE THERAPY ANO MEOICATION.

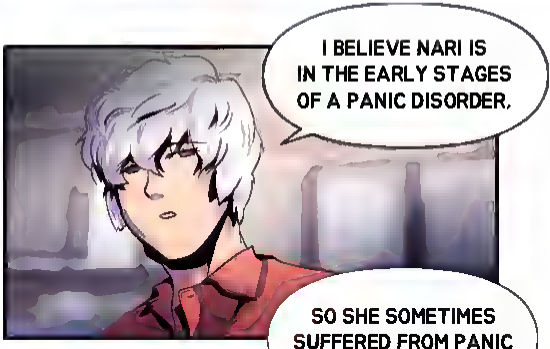
THIS SITUATION MAKES IT HARD FOR COUNSELORS LIKE US
WHAT HAPPENED? WHERE'S NARI?
TO DETERMINE WHAT EXACTLY THEIR PROBLEMS ARE,
BUT COVERING UP THE MIND'S TORMENTED CRY FOR HELP

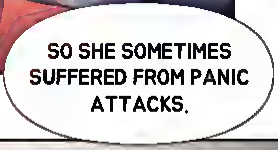
...I THINK
IT WOULD BE BETTER IF PROFESSOR SONG HANDLE THE TREATMENT.
!!

CAN SOMETIMES BE THE MOST HARMFUL THING OF ALL.
GOOD WORK.
MISS YOON.


SINCE CLINICAL PSYCHOLOGY IS HER AREA OF EXPERTISE.
AND SHE'LL NEED TO DO A LONG-TERM COUNSELING WITH THE PATIENT.
I FEEL THAT PROFESSOR SONG WOULD BE OF MUCH MORE HELP THAN ME.

HERE.
HAVE SOME
WATER


I BELIEVE NARI IS
IN THE EARLY STAGES
OF A PANIC DISORDER.


SO SHE SOMETIMES
SUFFERED FROM PANIC
ATTACKS.

MY LITTLE
NARI...

THEN
TURN HER ATTENTION
TO SOMETHING ELSE.
COUNT DOWN
FROM ONE HUNDRED
BY THREE.
100...

97...94

90...

NO, 91...

IT'S OKAY, NARI.
THERE'S NOTHING TO BE AFRAID OF.
FIRST, YOU'VE GOT TO CALM THE PERSON DOWN.
THIS IS HOW YOU FELT BEFORE, ISN'T IT?
IT'LL GO AWAY, JUST LIKE BEFORE.
YOU'RE NOT GOING TO DIE OR GO CRAZY.

AND ANOTHER THING IS
THEY RE AFRAID OF WALKING ON PEDESTRIAN OVERPASSES
I HEARD THAT ON THE WAY FROM HER HOUSE TO HER SCHOOL THERE'S A LOT OF CONSTRUCTION WORK GOING ON
SO THERE AREN'T MANY PLACES TO CROSS THE STREET